

SOUTHERN MARYLAND CIT RESOURCE GUIDE

Charles County, Calvert County, St. Mary's County

TRI-COUNTY / REGIONAL RESOURCES

Crisis Services

988 Suicide & Crisis Lifeline

Phone: 988

Website: 988lifeline.org

Services: 24/7 suicide, mental health, and substance use crisis support.

Maryland 211

Phone: 211

Website: 211md.org

Services: Resource and referral line for health and human services.

Behavioral Health

Pathways Inc.

Phone: 301-373-3065

Website: pathwaysinc.org

Services: Mental health and substance use treatment services across Southern Maryland.

Cornerstone Southern Maryland

Phone: 301-932-9146

Website: <https://www.cornerstonemontgomery.org>

Services: ACT services, psychiatric rehab, and community behavioral health supports.

ServingTogether (Veteran Care Coordination)

Website: servingtogetherproject.org

Services: Veteran and military family care coordination and resource navigation.

VA Crisis Line

Phone: 988 then press 1

Website: veteranscrisisline.net

Services: Veteran-specific crisis support 24/7.

Transportation

Modivcare (Medical Assistance Transportation)

Phone: 1-800-734-0430

Services: Non-emergency Medicaid transportation to medical appointments.

Housing & Shelter

Three Oaks Center

Phone: 301-863-9535

Services: Homeless shelter, stabilization, and housing services.

Lifestyles of Maryland

Phone: 301-609-9900

Services: Emergency shelter, food, and financial assistance.

CHARLES COUNTY RESOURCES

Crisis Services

Charles County Crisis Services (Health Department)

Phone: 301-609-6900

Services: Crisis assessment, referral, and behavioral health linkage.

Sante Mobile Crisis Team

Phone: 877-618-0074

Website: <https://www.santegroup.org>

Services: Mobile crisis response for behavioral health, substance use, and IDD needs.

Arise Behavioral Health (Urgent Psychiatric Care - Charles County)

Phone: 301-374-8772

Website: arisemaryland.com

Services: Urgent psychiatric

Housing & Basic Needs

LifeStyles of Maryland

Phone: 301-609-9900

Website: lifestylesofmd.org

Services: Emergency shelter, food, clothing, and crisis assistance.

Tri-County Community Action

Phone: 301-274-4474

Website: smtccac.org

Services: Utility assistance, energy programs, and financial support.

Southern Maryland Housing Authority

Phone: 301-934-0110

Services: Housing vouchers, rental assistance, and housing programs.

Southern Maryland Food Connection

Website: somdfoodconnection.org

Services: Food access and nutrition support programs.

Substance Use Services

The Jude House

Phone: 301-932-0700

Website: judehouse.org

Services: Residential and outpatient substance use treatment services.

Recovery Centers of America

Phone: 800-732-6837

Services: Inpatient and outpatient addiction treatment services.

Family & Youth Services

Center for Children

Phone: 301-645-1561

Services: Mental health services, therapy, and family support.

Maryland Coalition of Families

Phone: 1-888-607-3637

Services: Peer support for families navigating behavioral health systems.

Charles County DSS

Phone: 301-392-6400

Services: Child welfare, benefits, and family assistance programs.

Victim & Legal Services

State's Attorney Victim Services

Phone: 301-932-3350

Services: Support services for crime victims and court advocacy.

Legal Aid Bureau

Website: mdlab.org

Services: Free legal assistance for eligible individuals.

Center for Abused Persons

Phone: 301-645-3336

Website: centerforabusedpersonscharlescounty.org

Services: Domestic violence counseling and emergency support.

Seeds of Courage

Phone: 240-427-5111

Website: seedsofcourage.org

Services: Support services for survivors of trauma and abuse.

CALVERT COUNTY RESOURCES

Crisis & Behavioral Health**Calvert County Crisis Response Program**

Phone: 410-535-1121

Services: 24/7 crisis hotline and response services.

Calvert County Mental Health Clinic

Phone: 410-535-5400 x475

Services: Outpatient mental health services and therapy.

Center for Change

Phone: 410-535-5400 x384

Services: Behavioral health and substance use treatment services.

Healthcare**CalvertHealth Medical Center**

Phone: 410-535-4000

Services: Emergency and hospital medical services.

Housing & Basic Needs

Calvert County Housing Authority

Phone: 410-535-5011

Services: Housing assistance and rental programs.

Tri-County Community Action

Phone: 301-274-4474

Website: smtccac.org

Services: Utility and emergency assistance programs.

ST. MARY'S COUNTY RESOURCES

Crisis Services

St. Mary's Crisis Hotline

Phone: 301-863-6661

Services: 24/7 crisis intervention and support services.

St. Mary's County Health Hub

Phone: 301-904-8949

Services: Behavioral health screening, stabilization, and referrals.

Sante Mobile Crisis Team

Phone: 877-618-0074

Website: <https://www.santegroup.org>

Services: Mobile crisis response for behavioral health, substance use, and IDD needs.

Behavioral Health & Treatment

Cornerstone

Phone: 301-373-0227

Services: Psychiatric rehab, case management, and outpatient services.

Pathways

Phone: 301-373-3065

Services: Mental health, substance use, and housing support services.

Pyramid Healthcare

Phone: 844-383-9719

Services: Detox, residential, and medication-assisted treatment.

Walden Behavioral Health

Phone: 301-701-4841

Services: Outpatient, inpatient, and MAT services.

Housing & Shelter

Three Oaks Center

Phone: 301-863-9535

Services: Homeless shelter, stabilization, and housing services.

Lifestyles of Maryland

Phone: 301-609-9900

Services: Emergency shelter, food, and financial assistance.

Family & Youth Services

Center for Children

Phone: 301-475-8860

Services: Children's mental health and family therapy services.

Healthy Families

Phone: 301-392-9332

Services: Home visiting program for new and expecting parents.

Maryland Coalition of Families

Phone: 410-730-8267

Services: Family peer support for behavioral health challenges.

Transportation

St. Mary's Transit System (STS)

Phone: 301-863-8400

Services: Public transportation within St. Mary's County.